

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

Hi everyone,

After originally joining this forum, my first streak was the best for me (24 days). That was accompanied by almost daily posts and the chart. More important than the number of days, during this streak I really felt the Kedusha and that was an amazing feeling. I felt that I was actually getting rid of lust from within me. However, after I fell, I gave up with the forum and chart, and had smaller streaks. I make efforts to try again, however, I never reached the feeling of Kedusha during the shorter streaks (that were between 5 and 20 days). I also never felt that I was getting rid of the lustful feelings. I was just counting days until the next fall.

Anyway, I'm ready to try again with the chart and posting on the forum. I'm ready to make a REAL effort again but I've been feeling very lonely for the past few days, and I need the chizuk from this board to remind me that I'm not alone, and someone cares if I try or not.

Here's another try to feel the Kedusha and attempt to rid myself of the lust...

My first clean day was May 12, so yesterday (May 16) counts 5 clean days so far.

May HaShem help me.

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Re: Momo II: Another try

Posted by Sturggle - 18 Oct 2009 10:51

[Momo wrote on 18 Oct 2009 10:44:](#)

By the way, do you think I should still try to keep up with DC's calls and the steps or is therapy

enough?

I have a feeling that I wasn't the one that question was directed at,
nonetheless..., I will share my thoughts, forgive me,

I think I would stick with both.

They can add a lot to each other.

And I define for myself what is enough and what is not
as you can do for yourself in this situation.

P.S. I don't have to know what to think.

It is fine for me not to know what to think at times.

It is question of what I do...

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Re: Momo II: Another try

Posted by the.guard - 18 Oct 2009 11:38

Firstly, Reb Shraga learned his approach in 12-Step groups, so if you continue with Duvid Chaim and continue working the steps into your life, you will be "complementing" your therapy sessions and making them much more powerful.

Secondly, the more effort we put into recovery and do "our" part, the more Hashem does "His" part and grants us freedom from the addiction.

Thirdly, there's the aspect of group support, which is very powerful.

Fourthly, since you were on the calls last time, you will have a lot to share and contribute this time around, and be able to help many others. And there is NOTHING as powerful as helping others recover - to help ourselves! Another one or two times through the cycle, and you'll likely be able to moderate your OWN GYE phone group, here in Israel! And we need an Israel group badly. Imagine having the zechus one day to make a big difference in the lives of so many people!

Fifthly, we never "finish" working the steps... We just keep working them more and more into our lives and keep "growing" in the "right" direction, becoming more "G-dly", more "giving", more

Momo, one day you will yet say - as we said today in Halel: ***"yasor yisrani kah, vilamaves lo nisanani.... odecha ki anisani, vatehi li lishua... me'es Hashem haysa zos, hi niflos be'ainainu"***

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Re: Momo II: Another try
Posted by Momo - 18 Oct 2009 12:01

[guardureyes wrote on 18 Oct 2009 11:38:](#)

connected to life, etc... The sky is the limit, and we never stop growing. Ask Dov about this one

Momo, one day you will yet say - as we said today in Halel: ***"yasor yisrani kah, vilamaves lo nisanani.... odecha ki anisani, vatehi li lishua... me'es Hashem haysa zos, hi niflos be'ainainu"***

Maybe. All I know is that right now I'm sick and tired of struggling and rising and falling and not being able to go to work and work like a "normal" person.

I've failed the 12 steps because I got stuck on step 3 (making His will my will, or surrendering to Him).

I'm stealing from my employer every day I waste by surfing and not working.

I kill every time I act out.

I look so frum but I can't even get the basic premise of Judaism down: Being a servant of Hashem instead of myself.

I feel like quitting my job, going home, and escaping from it all, for once and for all.

I hate myself. I hate my addiction. I hate my life. G-d, where's that "end-it-all" pill when you need it?

I guess I've turned into the killjoy of the forum. Sorry, I'm just a sick, sick, sick man pretending to be healthy, trying to fool everyone around me. Except I'm the fool.

You all had high hopes for me. So far, I've failed you all. I've failed myself.

Only HaShem knows what tomorrow will bring.

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Re: Momo II: Another try

Posted by the.guard - 18 Oct 2009 12:07

You haven't failed anyone. The fact that you are here on the forum, the fact you keep coming back even when all looks hopeless, the fact you were on Duvid Chaim's calls once - and hopefully again, the fact that you are going to therapy, the fact that you admit powerlessness - these are **all** very great steps on your journey. And as long as you are still on the journey, not only aren't you a failure - you're a big success!

You see, it's not "WINNING" that counts, it's the JOURNEY that counts.

This world is a journey. Let's leave "winning" for the *next* world. In this world, we need to only focus only on the journey. You may be falling, you may feel empty, depressed, aimless, etc... But as long as you stay on the road and stick to what you **know how to do** (posting, DC's calls, therapy, teffilah, etc..) then you are a BIG SUCCESS.

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Re: Momo II: Another try
Posted by 7yipol - 18 Oct 2009 12:13

You may feel you have failed yourself,
we'll let you know when you've failed us.

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Re: Momo II: Another try
Posted by Momo - 18 Oct 2009 12:17

Thanks 7Up. That was funny.

You always know the right thing to say. G-d bless you. (Although I don't really believe you'll let
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Re: Momo II: Another try
Posted by jerusalemsexaddict - 18 Oct 2009 16:08

momo i love you

guard i love you

mom i love you

sturggle i love you

uri i love you

everyone i love you

It will all end great momo

i have great faith in you

dont worry

:D

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Re: Momo II: Another try

Posted by Rage AT Machine - 18 Oct 2009 16:12

momo, youre not sick..

a real sick person sits around and watches his tumor grow and refuses to do anything about it...

a healthy person is out there every day fighting his disease...

you are fighting...i dont know much but i do know that there is a cure for this and i know youre out there looking for it...if i were vegas id put the odds strongly in favor of you coming out on top...
be happy

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Re: Momo II: Another try
Posted by jerusalemsexaddict - 18 Oct 2009 16:17

do i hear 10-1 odds momo makes it?

im placing 200 dollars on momo

any takers?

PM only please

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Re: Momo II: Another try
Posted by aaron - 18 Oct 2009 23:56

I AM JEALOUS OF YOUR STRENGTH. You are such an amazing person for jumping right back up. never quit. you continue to inspire us all.

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Re: Momo II: Another try
Posted by Momo - 19 Oct 2009 06:04

[Uri wrote on 18 Oct 2009 16:17:](#)

do i hear 10-1 odds momo makes it?

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Uri, you're nuts! I wouldn't put more than 10 dollars on myself.

However, I appreciate your faith in me, which is much greater than the faith I have in myself.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 19 Oct 2009 06:30

a kid is always unsure that he will ever be able to bike,or swim,or anything.

but everyone else knows that he'll be okay

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Re: Momo II: Another try

Posted by Dov - 19 Oct 2009 21:44

[Uri wrote on 19 Oct 2009 06:30:](#)

a kid is always unsure that he will ever be able to bike,or swim,or anything.

but everyone else knows that he'll be okay

Absolutely beautiful! (and true). Never thought of it quite that way Uri, thanks!

Momo - Who does the third step perfectly? Who even does it **well**? I never did, for sure!

That it why it reads: "Made a **decision** to turn...over to HP" and **not** "**turned** our will...over to HP". Practically no one turns their will over. It takes a lifetime for most folks I know and so far, for me. The fourth step etc., is needed *precisely* because none of us succeed at "turning our will..." - because we are messed up a bit emotionally and mentally. We are addicts, after all. We really need some work and a lot of help.

So "swim, bike, or jog" right into the 4th fresh and new as if you never saw it before with a fearless gusto, and please don't fall prey to the silly idea that you can do any of the steps (including the 3rd step!) without another person. For me, that game would be just trying the

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Re: Momo II: Another try

Posted by MosheF - 23 Oct 2009 02:04

same crapola I had always tried, just trying it **harder**. Oy vei....

Momo, haven't heard from you in a few days, howya doin?

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